

Facets

THE CENTRAL IOWA EXPERIENCE
JULY 2016



STRENGTH IN PINK

HOW FLESHMAN FINDS HER FREEDOM

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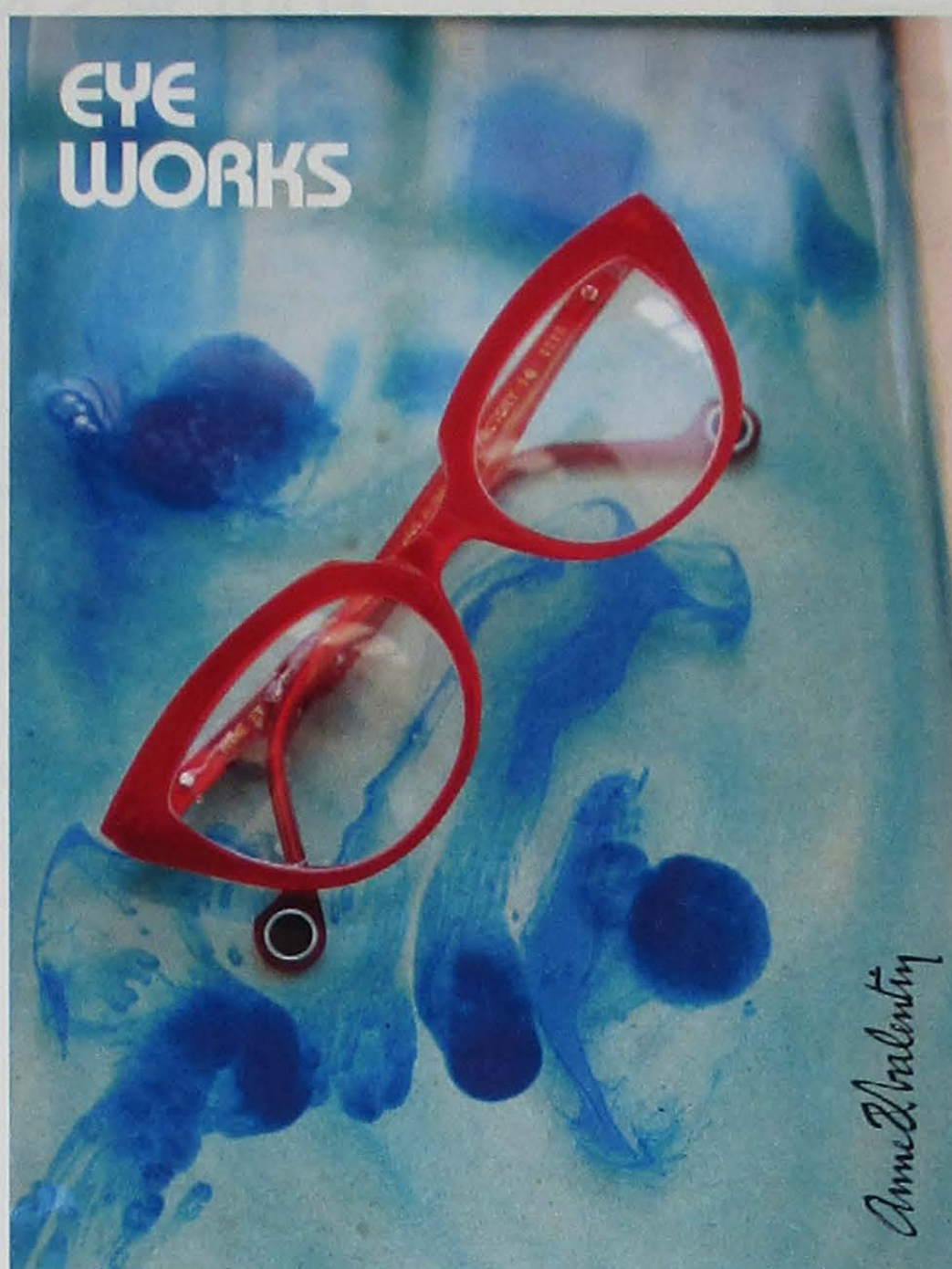
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Kay Fleshman of Nevada holds
two of the puppies from the litter
of her German shepherd Gracie.
Photo by Ronna Lawless/Nevada
Journal

EDITOR'S NOTE

Make your life your own

From learning to say 'No,' to dying your hair pink, finding your personal freedom is an important part of making your life your own.

I am given paid vacation time, as are many people, but I feel as if I need to force myself to take a vacation. How does the world turn without me here to do my job? Obviously there are people to step in for a few days. The world will keep turning and I will take a break. My personality has a large spot for helping and volunteering. It seems to be the natural thing to do. If I have a friend that needs help with something — big or small — I am right there, asking nothing in return. You do that for enough people, enough times and it will soon be expected that you are willing to be that person 24/7 — quite literally. It's a difficult cycle to break and a guilt-filled task. Of course, there is no reason for me to feel guilty. I need to make time for me. I need to give myself the freedom and time of day to discover my own life.

Some people believe they have finally figured it out, life is good. And then they find out they have a life changing disease. Views on life are challenged and changed. Some diseases make us aware of the clock. Have we accomplished everything we set out to do? Do we have any regrets? What did we miss?

When I look at finding freedom from the daily tasks and responsibilities I ask myself a couple questions — What is it that I am putting off because the bills need to be paid or chores need to get done? What am I saying 'That would be fun, but...' to? The answer to those questions are my daily freedom. Stop thinking about it. Go out and have that adventure!

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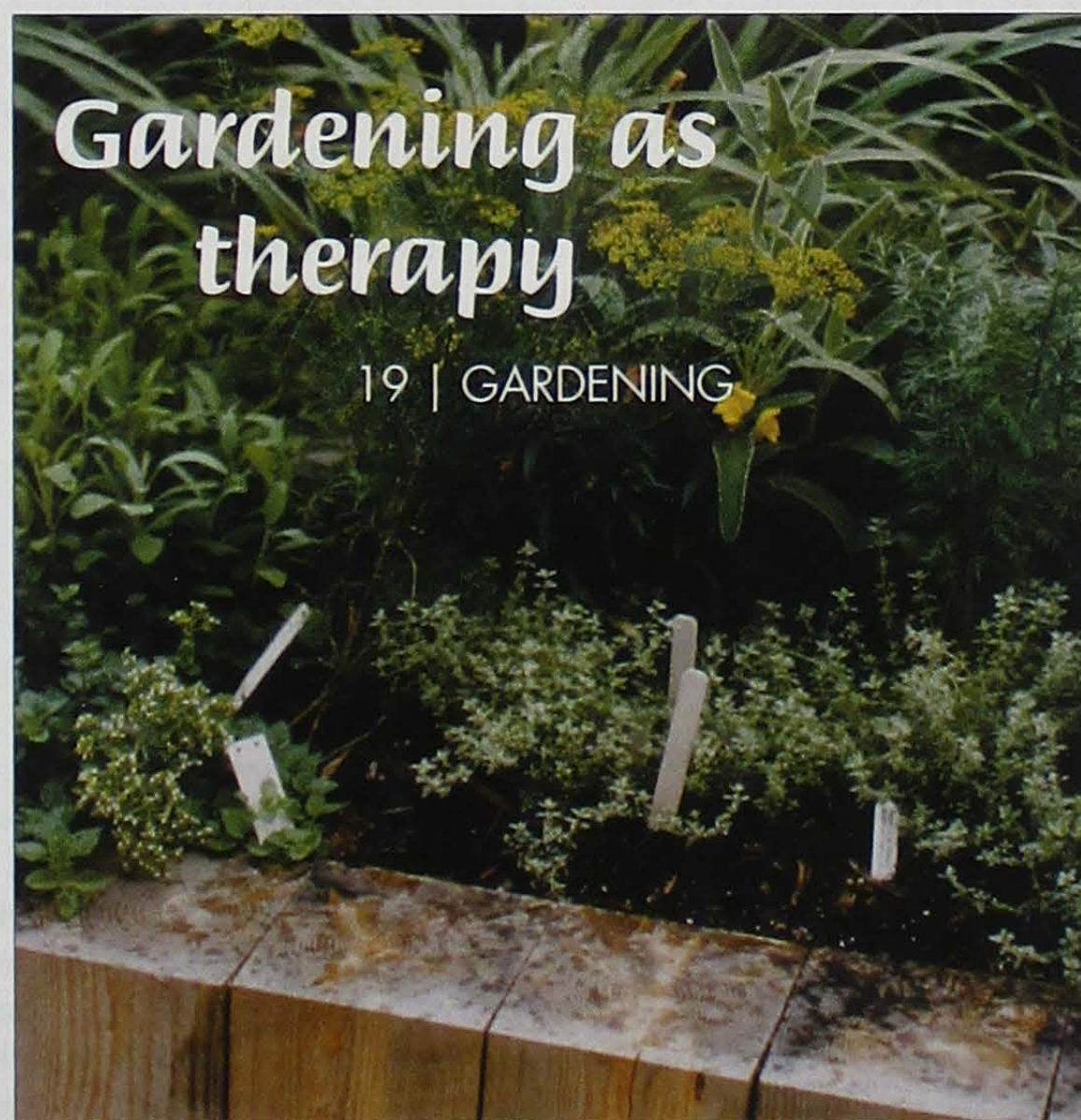
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FINDING FREEDOM

BY KAREN SCHWALLER
Contributing Writer

I don't know a farm wife anywhere who wouldn't enjoy a good old-fashioned "piddle day" — a day to just forget about all there is to do, especially as the rigors of spring fall upon us.

For our farm family, it seems there is no one season that is less ridiculously busy than another. Spring means waiting out rains and playing chicken with Mother Nature to try to get all of the crop in before the season gets away from us.

Summer means we're up to our you-know-whats in hay cutting and baling, and trying to disburse all the proverbial eggs to all the proverbial baskets — keeping machinery running, working on livestock facilities and out buildings, and in general, keeping the farm operation running smoothly. Fall — the crowned jewel of all the seasons — brings with it the bounty of the year, but also hours that scare the hands right off of the clock. Winter should be a season of relaxation, but moving snow, lambing and calving, the holidays and income tax preparation are all enough to make us feel utter surprise when it's time to get machinery ready for spring.

The farm wife — who often has her own job in town — goes with the flow of all that goes on around her farm home. It often means she leaves her eight-hour job in town and comes home to start in on the next eight hours, which often mean livestock chores, helping her husband with do-to projects outside, supper and caring for the house, yard and most importantly, her family. No

wonder she's exhausted.

This week on our farm has felt like three weeks packed into one. My husband suffered a serious fall the week before, placing added stress on an already-stressful wet and cool spring planting season. Re-arranging the game plan took little effort because there are plenty of people to help get the crop in, but soon came the feeling that befalls a farmer when he can't get his own crop in the ground. And the farmer's wife is there to listen and encourage.

Add to that week some wonderful company who came to see him following his return from the hospital, and my work list — the lawn that needed to be mowed, the garden that needed to be planted, the mending pile that needed attention, our 4H club's "Ag Day" to lead, a speaking event to prepare for the following weekend, graduation parties to attend, taking care of my husband, getting meals out to people who could finally get in the fields, livestock chores and writing deadlines.

I would have given anything to find myself in Oz. I could have dealt with a wicked witch following me — as it was, my work list for that week seemed much more ominous than any witch who could

write in the sky with her broom and send out flying monkeys.

Actually, I was pretty jealous of her broom and her monkeys this week.

The truth is, getting away from it all is something so many women — farm women or not — seem to take for granted. There will always be that 'someday' when we will be able to do the things we want, and so we just keep on doing what we do so well — being the woman of the house — the heart of the home and family.

But my husband's fall last week helped me remember that tomorrow is never guaranteed; that all we really have is today, and that we need to make the most of each day with the people who were given to us by Someone much greater than us. Our greatest gifts are the people in our lives.

So ladies — let's take those vacations — let's do those girls' weekends, let's take the time to sit with a glass of wine in a

field driveway or on a beach and encourage and support each other in this wonderfully difficult role of being women — whether we're on the farm or not.

If we do it right, we'll look at brooms in a whole new way. And that just plain womps.

The truth is, getting away from it all is something so many women — farm women or not — seem to take for granted. There will always be that 'someday' when we will be able to do the things we want, and so we just keep on doing what we do so well — being the woman of the house — the heart of the home and family.

Take time for yourself, so you have energy for others

BY STEPHAINE IVANKOVICH
Perry Chief

With everything going on for the busy generation we live in it's okay to say no and make time for yourself.

Clayton Kennedy, a certified senior E-Myth Consultant and coach with Kuder Inc., said there are several studies addressing the issue that people should make time for themselves, in fact, he said that sometimes people are extremely busy trying to make everyone else happy they are not happy themselves.

"If you do not take time for yourself there will most likely be a time that you do not have enough gas in the tank to give to anyone or anything else," Kennedy said. "Basically a key to being selfless is to be somewhat selfish; if you do not guard your time very few others, if any, will guard it for you."

It's easier said than done.

Kennedy said the key is practice.

"It seems to me that a key component is that one has got to desire a different outcome to a strong enough degree that they are willing to 'do' differently," he said. "Wanting things to be different is often not enough, wanting things to be different to the degree one is willing to 'do' differently is a start. One has to want the change bad enough that what others may or may not feel/think about the change they are taking is not enough for them to go back to simply saying 'yes' to that they do not want in their life."

After someone takes the time to make themselves they could find themselves lost, if they have truly been living to please others, he continued.

"This can manifest itself in many ways, though often it is guilt that surfaces, though the reality is that they probably do not have a reason to be guilty, it is more of a programming thing," Kennedy said. "If one has always said 'yes' and suddenly begins to say



Kennedy

'no' those that have grown accustomed to the 'yeses' will wonder what is 'wrong' with the person."

Kennedy said that people could experience greater confidence with the change.

"It may take time as switching from automatically saying 'yes' to be more selective with 'yes,' though the payoff is huge," he added.

The amount of personal time depends on the person.

"One way to gauge the necessary time is how one feels both physically and emotionally," Kennedy said. "If one is feeling worn out and tired, and maybe a bit grumpy towards others, it may be time to take some time ... go for a walk, hit the gym, play with the dog, go see a movie, read something you enjoy, go for a bike ride, cook some brownies, and on and on the list could go."

He said most people will just know when they need time for themselves.

"The issue is not whether or not we know it is time as much as the issue being whether or not we are willing to 'do' something different to take care of ourselves," he said.

An often used analogy regarding the need to take care of oneself is flight safety instructions, Kennedy added.

"Prior to take-off the crew informs passengers that in the event that the cabin loses pressure oxygen masks will drop from the ceiling of the plane," he said. "You are instructed, even if you are traveling with a child or another that may need assistance with their mask, to put your mask on first and then help them. Why? Because if you lose consciousness prior to getting their mask on, both people will perish. Whereas, if you put your mask on first you should have the energy/oxygen to help the other person. Think flight safety — take care of yourself before trying to take care of others."

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Brick Upon Brick

BY JANE M. DEGENEFTE | Contributing Writer



FLESHMAN FINDS HER FREEDOM IN PINK

Kay Fleshman of Nevada holds two of the puppies from the litter of her German shepherd Gracie. Photo by Ronna Lawless/*Nevada Journal*

BY RONNA LAWLESS
Nevada Journal

When people think about colors associated with freedom, the most popular choices are probably red, white and blue. But for one Nevada woman, pink is the color of freedom.

Nevada native Kay Fleshman sat on her front porch for an interview recently, and there was no shortage of pink. Sporting a bright pink T-shirt to

match her hair, sitting next to a pink geranium, Fleshman talked about the journey that led her to associate her independence with such a happy color.

She married her high school sweetheart Vern when they were 18, and they've now been together 38 years. Both are 1978 graduates of Nevada High School.

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wonderful, generous and good as to give us gifts in the world of nature surrounding us. Our eyes behold a beauty so immense that poets, philosophers and scientists all struggle to reflect it accurately, laboring for years to define life's purpose and meaning. This grappling is so much more complex than my own words can relate — as much as I try. And often I fail too, at being like my Creator, who I've experienced as kind, loving and good. As someone who follows Christ, I still fall short of defining my own purpose or good intentions. We so need each other in finding understanding and a true cooperation of spirit along side this need to explore our freedom and volition.

I read a children's book review recently, which caught my attention.

"There is a Tribe of Kids," is a picture book written and illustrated by Lane Smith. It was interesting for both the illustrations and the caption in which this reviewer chose, "Joining the Group." Written by Meghan Cox Gurdon this review observes the importance of both our differences and our belonging. Of both our need for freedom and our longing to belong. She writes, "Our hero is a wild boy dressed only in leaves who flings himself joyfully into one animal group after another. He skates with a colony of penguins, floats with a smack of jellyfish and rides on the spume of a whale pod, and he's all insouciance and enthusiasm — yet also tinged with melancholy in Mr. Smith's blocky, stippled illustrations. 'There was a sprinkle of lightning bugs,' we read, as darkness falls. Then the solitary boy stands on a hilltop, seeming to hold hands with two distant, parent shaped constellations, and we understand. He misses his own kind."

So, I'm guessing that not only do we need to have our freedoms, but also, we need one another. In this present election year we can live in dependence upon the center that holds. The hope of good things is still within our reach. As one newspaper funnily put it we "plug our nose and vote."

Hope is defined within that radial beauty. Brick upon brick, our individuality is built. We are shaped by our vision as well as the vision within us. Within ourselves we are building, building, building.

Building a structure of who we are and want to become. "Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited." — Romans 12:16. Instead of building a wall to keep out, we could build a wall to contain our differences and celebrate them — just as a gardener's wall celebrates beauty and defines its belonging.

Organizations that define and build are everywhere within the state of Iowa and very much locally, Ames. The Friendship Force is a fun and lively group of people who have sent people around the globe to interact and learn about other cultures in order to build bridges of peace to work together, www.friendshipforce.org. The organization was first started by former President Jimmy Carter. President Carter also had the astounding vision of cooperation for Habitat for Humanity, www.habitat.org/support/annual-report.

As quoted from their website, "Together we build..."

Since our founding in 1976, Habitat for Humanity has helped more than 6.8 million people obtain a safer place to sleep at night, along with the strength, stability and independence to build better lives. In fiscal year 2015, Habitat served nearly 1.8 million people through home construction, incremental construction, rehabilitation, repairs or increased access to improved shelter through products and services. An additional 4.8 million people now have the potential to improve their housing conditions through a range of indirect services, from training in construction and financial management to advocacy efforts that changed policies and systems to allow more access to shelter solutions." Brick upon brick, I might add.

We hold each other now. There is a chance for a glimpse into other people's independence that may give us personal growth and vision.

Our ability to respect others individuality may bring about freedoms of our own.

Treasuring the differences and choices of others can break away our own adherence to bondage. Being within community — walking the block, so to speak, of our community — in appreciation of those in our world, can bring the hope for change we all long for. We can continue to build.

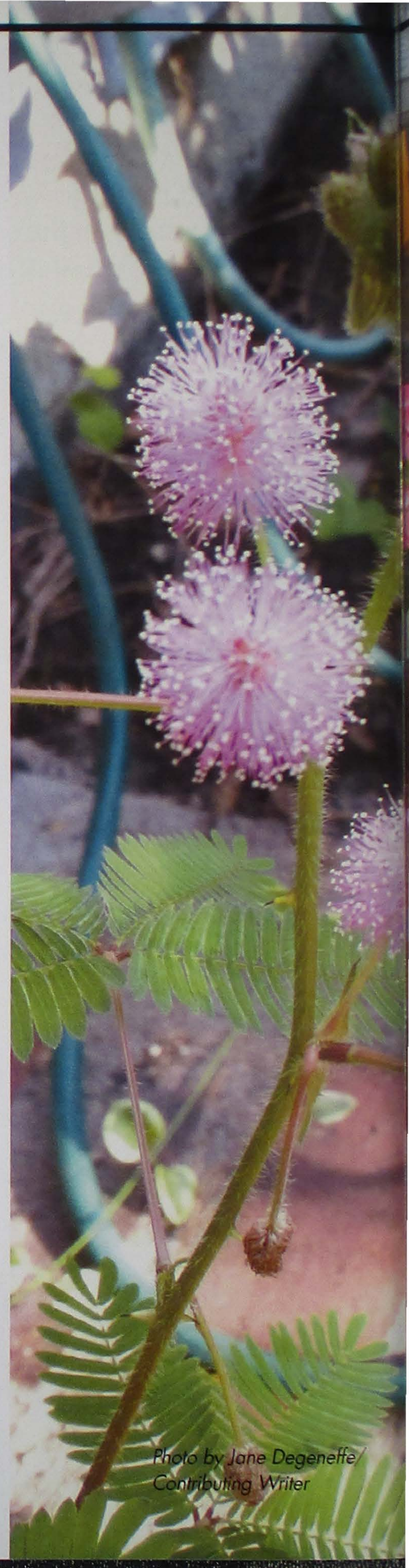


Photo by Jane Degeneffe/
Contributing Writer

"Men go forth to marvel at the heights of the mountains, at the huge waves of the sea, the broad flow of the rivers, the vastness of the ocean, the orbit of the stars, and they neglect to marvel at themselves."

— SAINT AUGUSTINE, ABOUT 400CE

We are all so independent. But our individuality is strengthened by letting others know us more, by knowing others better, and by sitting together with people to allow for our individuality to speak more prominently. When we do this we create a sort of radial beauty within our group of choice; humbling ourselves to admit that we need each other for strength. Because of this obvious disparity or short-sightedness, and in spite of the fact that our need for freedom calls, we individually seek our alone time to find

our place, then come together to be a part of the bigger picture.

Questions I ponder... How does our freedom begin? How do we risk concerning our freedoms? How does our own personal freedoms (identity) challenge others? Is it possible to have a peaceful way towards freedom, or do we need to fight it all out with painful years of blood and fire?

As unique entities, our souls thirst for very similar life resources. Yet, when in relationship with each other, we define an

even more complex freedom: community. A radial beauty so to speak. "Radial" as defined by Merriam-Webster dictionary, is something "arranged or having parts arranged in straight lines coming out from the center of a circle." The central vision then, is not only what holds us together, but so much more than we can imagine.

From my Christian perspective, I believe that we as humans are made in the image of our Creator. A creator so

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Photo by Jane Degeneffe/Contributing Writer



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Vern was in the Navy for 10 years, and during that time, they lived several places: Chicago, Newport, R.I., Boston. "But we always knew we wanted to come back here to live and raise our family," Fleshman said.

She returned to almost exactly where she started out. Kay and Vern live next door to the house where Kay grew up, in the home built by her grandfather in 1938. They have a son Michael, who lives in northwest Iowa with his wife Courtnie and their four little boys, Easton, Emmitt, Eaghan and Elliss. Kay and Vern also have a daughter Mary Ann, who lives in Nevada with her husband Andrew Shold.

Fleshman said her own parents, Glenn and Marilyn Bader, gave her a solid foundation for her life and her outlook.

Kay's mother died at the age of 58. She had rheumatic fever when she was about 12 years old but she taught Kay to be positive, even on a bad day. "She was independent and strong. She marched to her own drum," Fleshman said. "And she found strength in her relationship with the church."

"My mom was a really neat person," Fleshman said. "She was a fighter. She

was sickly and she struggled every day of her life, but she stayed strong in spirit. She taught me there are things much worse than death."

That strength became especially important to Fleshman in 2006. That year, Vern's sister died of breast cancer on August 25. Exactly one month later, Kay was diagnosed with breast cancer too, and one month after that, on Oct. 25, she had a mastectomy.

Now a 10-year survivor, Fleshman thinks of pink as freedom from cancer, and she works at inspiring current cancer patients and their families while raising awareness for the disease. She even managed to procure a pink fire truck for the cause.

"It all started with the Ames firefighters and their 'Care Enough to Wear Pink' program," Kay said. "Then the Big Pink Fire Truck was in the area, and when I saw it I said, 'We're going to get a pink fire truck.'"

And she did. With the help of a committee, a group called Story County Responders Care was formed. The Huxley Fire Department donated an old fire truck to the group, which had it painted pink, and now that truck is a symbol. It's a symbol of strength and courage and hope to cancer victims

"IT ALL STARTED WITH THE AMES FIREFIGHTERS AND THEIR 'CARE ENOUGH TO WEAR PINK' PROGRAM. THEN THE BIG PINK FIRE TRUCK WAS IN THE AREA, AND WHEN I SAW IT I SAID, 'WE'RE GOING TO GET A PINK FIRE TRUCK.'"



An old fire truck donated by the Huxley Fire Department was painted pink and is now used by Story County Responders Care. *Contributed photo*

I LOVE YOU

“PINK MAKES ME HAPPY. AFTER I DYED MY HAIR PINK, I THINK IT MADE ME MORE APPROACHABLE FOR A HUG.”

and their families. Its purpose is to raise awareness about cancer – not just breast cancer, but all types of the disease. And to Fleshman, it’s a symbol of freedom.

Even inanimate objects are given another chance at a business Fleshman co-owns: Gypsy’s Alley, at 922 Lincoln Way in Nevada. It’s a co-op that she owns and runs with her “Gypsy sister” Cathy Vincent. “We take junk and repurpose it,” she said.

Like her mother, Fleshman also finds strength in her faith, she said, as well as in her family and friends. And they support her love of pink.

“Vern is a really great husband and best friend,” Fleshman said. “A pink sweater was the first give he ever gave me. It was the first Christmas after we were married.”

“My mom always told me redheads shouldn’t wear pink, but Vern helped me start to break that rule with the gift of the sweater” Fleshman said. “It’s a color that means a lot to me. I’m a mom, a wife, a grandma. But I’m me. Pink is a

different color than most people think of when they think about freedom. But it helps me feel like me.”

Fleshman even dyed her hair pink about a year ago.

“Pink makes me happy. After I dyed my hair pink, I think it made me more approachable for a hug,” Fleshman said.

Kay Fleshman is a hugger. Even if you’re not, she makes you want to be too.

Fleshman has a secret code she likes to use with family and friends. It’s something that started in high school, and she’s kept using it over the years. The code is 143. It means “I love you.” The 1 and the 4 and the 3 stand for the number of letters in each word of the phrase.

Kay often ends her Facebook posts with 143. She says it to her kids and grandkids. “We might be someplace like the movie theater, and I’ll catch the eye of one of the grandkids and I’ll do 143 with my hand,” Kay said as she signed the numbers with her right hand.

143



The beauty industry – a life of service

The theme for this issue of FACETS is Finding Freedom. My family has always been patriotic. So this month I want to share a personal beauty story — mom's story. This is the story of how she found her freedom in the beauty industry and a life of service.

Historically jobs in the beauty industry were considered “pink collar” (the female version of “blue collar” usually meaning jobs not requiring college degrees). But some of the most successful businesses in America's beauty industry came from entrepreneurs who loved to serve others and loved the creativity of hair, skin and nail services.

One of those business owners was my mother, Marian Lokken, who created the first Finesse Beauty Salon in Waterloo, Iowa, with a partner, Signe Raska. Just a couple of cosmetologists who wanted their own business — a common path for many in the industry.

Mom's path to the salon world was the result of a choice her father gave her. She graduated high school in Blair, Wisconsin, and grandpa (himself an entrepreneur who moved buildings all over that state) told her she could go to college at Eau Claire (now the University of Wisconsin-Eau Claire) or she could attend beauty college in LaCrosse.

Mom knew she'd be homesick and she loved people so she chose LaCrosse and beauty school which meant she could come home midweek on the bus and her dad would drive her back the next morning.

We have no idea what mom would have done with a college degree although after she co-created Professional Cosmetology Institute with dad and I in 1978. She attended

vocational education classes with our teaching staff and did quite well as a student in her fifties.

We do know what she did with a license in cosmetology. In school she won a trophy in a competition (we still have it.) She then worked at various locations around the state of Wisconsin as dad completed his B.S. starting in LaCrosse and then coming to Ames to finish.

Mom worked while dad went to college and worked. They planned and saved for a house even while raising two daughters. Mom worked in salons in Campustown and then downtown in a salon above what is now Great Plains Sauce & Dough Pizza.

When dad graduated he went to work for the Highway Commission and they moved to the Waterloo area. Mom went to work in a salon and eventually joined Signe in opening Finesse.

In 1959 dad had the opportunity to return to Ames and work at Commission headquarters. They loved Ames and jumped at the chance.

With both girls in grade school, mom opened a salon on the second floor of the Tribune building planning to just work alone and serve her customers. She specialized in fine hair cutting and in hair color. Of course, she did the other services as well and grew a business quickly resulting in hiring Kay Smith and Marcia Barker, student wives.

This first Ames location ultimately led to nine salons in four counties in central Iowa and founding a cosmetology school. After 30 years behind the chair, mom stopped doing hair to grow the company to this level.

Along the way she often said if you love people and you love the work you can be a

very successful cosmetologist. She believed in The Golden Rule and followed it faithfully. She was one of the few working women and working moms in Ames in the early days.

Mom was active in professional associations throughout her career. She was president of the National Hairdressers and Cosmetologist Association of Iowa when I was in high school.

She chaired the Iowa Hair Fashion Committee, a group that trained others in the industry on coming trends. They also competed every year at their convention. You learn a lot by prepping a hairstyle so detailed that it is art.

She passed the exams to become a member of the national cosmetology association's training unit, Hair America.

She was the first woman to lead the Ames Chamber of Commerce. She created the Women in Business committee at the chamber and brought many women who owned small businesses into the chamber.

She was invited to extend her service philosophy by becoming an Altrusan. The Ames club was founded in 1965 and mom was one of the charter members. Altrusa is an international service organization and the first for business and professional women founded in 1917 in Nashville.

Creating our beauty school, now known as PCI Academy, was her gift back to her profession. Mom found her freedom and her dreams in the beauty industry and grew many professional women and men along the way.

At this patriotic time of year, the fourth of July, celebrate that we all can find our freedom and our futures in this community, this county, this state and this country. Enjoy the fireworks!



MARY CLARE
LOKKEN



Exercise Your FREEDOM

BY KECIA PLACE-FENCL
Contributing Writer

Being active is important for people of all ages. As infants and young children, regular activity is important for healthy growth and development. As pre-teens and adolescents, regular activity prevents the development of poor health, while helping foster self confidence and social skills. As adults, regular activity helps manage weight and prevent depression.

Although everyone needs to be active, not everyone needs to do the same activities. We all have different interests, abilities, and passions for fitness. In addition, we have a variety of daily schedules, daily commitments and goals for our fitness activities.

The American culture has painted fitness or being active as one thing — working out. There are so many cultures that have never seen the inside, or even outside of a gym. Working out isn't their thing, but being active is. They embrace daily activities that are relevant to their everyday lives. They walk everywhere. They take the stairs instead of the elevator. They ride their bike everywhere. They may not be "working out," but they are always active.

What do you enjoy doing?

What makes you happy?

How can you be active in your everyday life, without feeling like you have to "work out" to exercise?

Maybe you like to take your dog for a walk. Maybe you like to garden. Maybe

you enjoy playing tag with your kids. Maybe you enjoy playing ultimate frisbee with friends. You have the freedom to be active in ways that suit all of your needs — health, the level of fitness you want, personal enjoyment, and growth. Make it meaningful to you and your life!

In America, we have the luxury of exercising in public and the freedom to do it. Generally, we don't have to worry too much about our safety in a park, pool, or prairie area. Finding a common interest with a neighbor or friend will help you stay motivated this summer and remain active.

Exercise your freedom to be active this month by participating in the Summer Iowa Games. There are over 65 activities in which adults and youth can participate, the Summer Iowa Games are sure to have something for everyone! Opening ceremonies are Friday, July 15 at Jack Trice Stadium in Ames. Encouraging your children to participate is a great way to foster an active lifestyle in them at a young age. It could be a fun way for everyone in the family to try something new or compete in events you already love. Take a look at the schedule of events and find something right for each of you!

Summer is here and Central Iowa is waiting for you to explore. I encourage you to change your mindset and embrace your exercise freedom this summer!

****Before you begin any exercise routine, you should consult your doctor.**

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Live Like Buffett?

"Success is really doing what you love and doing it well. It's as simple as that — that's really the ultimate luxury ... your standard of living is not equal to your cost of living."

— Warren Buffett

Buffet also revealed that he has simple tastes; he enjoys watching sports on television and eating junk food. Buffett is happy with what most consider a modest life style for a man of wealth; he doesn't want a bigger house or a luxury car and he doesn't compare himself to the Joneses.

Even if becoming a billionaire is not one of your long term goals here are six ideas to help create your perfect standard of living.

Know yourself

Research indicates that some of us were born with the saver gene and some of us received the spend-thrift gene.

If you would rather spend than save you can help yourself by eliminating the spending option; automate monthly savings from your paycheck or bank account.

Help your adult children be 100% independent

A recent National Endowment for Financial Education (NEFE) survey reported 42 percent of people under 40 are receiving some

financial help from their parents.

And what is wrong with this startling statistic? Really two issues:

- As parents, there comes a time when you want to focus on your own financial future. Using your money to secure a comfortable retirement is not a selfish goal.

- Adult children need to be responsible for their own standard of living. It is easy to live beyond your means if someone else is funding your habits.



KAREN
PETERSEN

Imagine yourself old

When you are 40 it is hard to imagine yourself as a senior citizen. If you are not even able to imagine yourself at retirement age it is hard to make the necessary sacrifices to save for the distant future.

Give yourself a "look at your future." Visualize a grandparent you resemble, think yourself at that age. This will likely bring the need for retirement savings to a personal level.

Step Back

Do you ever have that little feeling of deprivation when the Joneses have a new bigger and better something that you think you would like but can't really afford? The next time that happens make a contribution to Backpack Buddies in Story County. A contribution to buy food for a child in need is a great way to remember how

fortunate we are.

Buy less house than you can afford

Today you may be able to afford a small luxury mansion. And you certainly can make that choice. Consider the cost of that additional space in terms of down payment, interest, furnishing and up keep.

In 30 years when the mortgage is paid would you rather have more dollars in the bank or more empty space to clean?

Minimize depreciation

A new car is a depreciating asset; depreciation in the first three years will be approximately 45 percent of the purchase price. Are you willing to pay that much for the new car smell?

We all have different things that we consider essential, they are the reason we work. Just be sure you are making choices that fit your personal standard of living because life is....more than money

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Gardening as Therapy

A raised bed 2-feet tall with an edge wide enough to sit on simplifies gardening tasks. Photo by Jan Riggenschach/Contributing writer

BY JAN RIGGENBACH
Contributing Writer

Research has confirmed what gardeners instinctively knew: Horticulture is good for you.

The exercise helps, for sure. And whether you're creating a place of beauty or reaping the harvest of home-grown fresh fruits and vegetables, the results are satisfying. But there's more to it than that. It's a feeling that I find hard to describe, but it includes a sense of peace, a refuge from the day's troubles, and communion with nature. No wonder so many of us refer to our gardens as "therapy."

Once you're hooked on gardening, it's impossible to think of giving it up, even when your body starts to balk. Thankfully, there are enabling tools and techniques that can help to make gardening a lifelong activity.

Raised beds top the list. If the bed is 3 feet tall, you can garden without stooping. If it's 2 feet tall, you can garden sitting down. So

much the better if the sides are made from concrete blocks or wood beams, so there's room to sit.

You used to have to build your own raised beds, but these days a wide choice of products are ready to use. Some even have wheels so you can roll them around as needed.

Gardening in elevated containers is another easy option, easier to set up and less expensive than raised beds.

Today's hot trend in vertical gardening is not only good for making the most of limited space but also perfect for people who want to garden without bending. A wide choice of vertical systems is available, but there are also old-fashioned options such as training your pole beans on a teepee or letting your peas climb a chain-link fence.

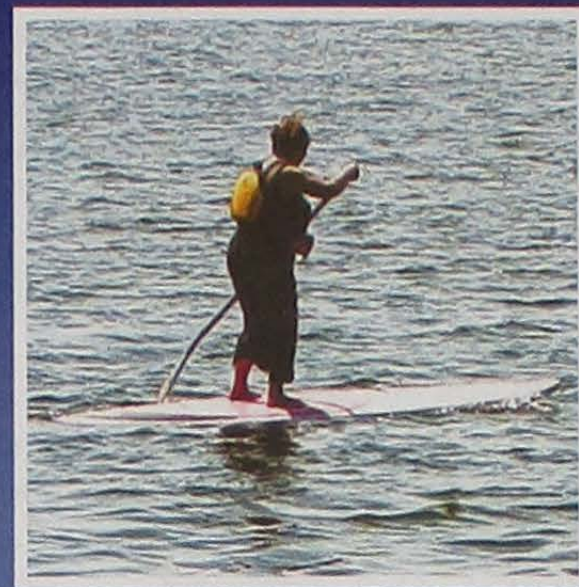
If you want to get down on the ground to garden but are finding it more difficult to get back up, try a gardener's kneeling bench. Made of tubular steel or

heavy-duty plastic, it has handrails you can grip and push against to make getting back up easier. If you want to sit a spell, just flip the kneeler over so the support handles become legs for a garden seat.

Those with pain and loss of strength from arthritis are very much on the minds of garden tool designers. Their latest "ergonomic" tools, designed for efficiency and comfort, require less effort and cause less pain to operate. You can find them in many stores, or online.

Whether you're short on time, mobility, or energy, it never hurts to make gardening a little easier. That's why my new landscape has fewer flower beds and more flowering shrubs. The impact is just as dramatic. But unlike perennials, the shrubs will never need to be dug and divided. And I'm working on filling the gaps between plants with creeping groundcovers. The less ground that's bare, the less space for weeds to sprout.

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The carpaccio may be fashionable in Paris, but you can put it together in no time

BY DORIE GREENSPAN
Special to the Washington Post

The original beef carpaccio came from Venice, invented in the early 1960s by Giuseppe Cipriani for his famous society watering hole, Harry's Bar. It was made with raw meat, seasoned with olive oil and lemon juice and served with a topknot of arugula and Parm. It was supposedly created for a patron who was advised to eat "health food." But the dish is remembered less for being good for you than for being delicious and chic (as just about everything born at Harry's was).

The idea of paper-thin slices serving as a base for toppings was so irresistible that soon there were carpaccios of myriad meats, seafood, fish, fruit and vegetables. Once the innovation started, it never stopped. Syrupy balsamic became a pretty standard drizzle and soy sauce sneaked in, too; herbs and other greens joined the party; anchovies, olives, pickles, capers and things salty and savory showed up; and when it came to fruit carpaccios, the finishing touches could just as rightly have been used to decorate an ice-cream sundae.

It might have started as a restaurant dish, but it's cinchy enough for us home cooks. In fact, the carpaccio from l'Avant-Comptoir is so easy that you could pick up everything you need, ready-made, at the deli. The shopping list is the finished ingredient list: roast beef, thinly sliced; black olive tapenade, a spoonable spread made of olives, oil and herbs (okay, there's one measly anchovy in it; and yes, I was trying to keep that bit of info from you); pickled onions; arugula; Parmigiano-Reggiano; olive oil; salt and pepper. It's less a recipe than a construction project, and hardly a project at all.

But ... I'd love for you to make the tapenade and quick-pickled onions yourself. Both are fast and easy; both will leave you with leftovers that can up the oomph-factor for lots of other dishes.

DORIE GREENSPAN'S ROAST BEEF CARPACCIO, PARIS STYLE

4 main-course or 6 first-course servings

This is simple and easy to put together - especially when you go with store-bought tapenade and pickled onion. But we can attest to the fact that the author's included recipes for those two components beat any commercial products.

MAKE AHEAD: The onions need to cure for 30 minutes and can be refrigerated for up to 2 days. The tapenade can be refrigerated in an airtight container for up to 1 week.

From cookbook author Dorie Greenspan.

Ingredients

For the pickled onions

- 1 medium red onion
- 1/2 cup apple cider vinegar
- 5 tablespoons water, or more as needed
- 1 tablespoon sugar, or more as needed
- 1/2 teaspoon kosher salt, or more as needed

For the tapenade

4 ounces (about 3/4 cup, packed) pitted oil-cured black olives, coarsely chopped (or 5 ounces unpitted)

- 1 anchovy, drained and coarsely chopped
- 1/4 clove garlic, coarsely chopped
- Finely grated zest and juice of 1/4 to 1/2 lemon
- 1/2 teaspoon herbes de Provence (or 1/4 teaspoon dried thyme), or more as needed

Pinch ground cayenne pepper, or more as needed

3 tablespoons olive oil, or more as needed

For the carpaccio

- Large handful arugula
- About 3 tablespoons extra-virgin olive oil
- Fleur de sel or kosher salt
- Freshly ground black pepper
- 12 very thin slices roast beef (about 12 ounces), homemade or from the deli
- About 1/2 cup Parmigiano-Reggiano shavings or curls

Cornichons, or other pickles, for serving



Dorie Greenspan's Roast Beef Carpaccio, Paris Style. Photo by Dixie D. Vereen for Washington Post

Slices of country bread or baguette, for serving

Salted butter, for serving

Steps

For the pickled onions: Cut the red onion in half from top to bottom and then cut each half into thin half-moon slices. Peel and rinse the onion slices under cool water and pat them dry.

Stir together the vinegar, water, sugar and salt in a non-reactive bowl or jar, until the sugar and salt dissolve. Add the onion slices to the brine, stirring them around. You want the brine to just cover the onions. Of course, the size/shape of the jar or bowl you put the onions in will make a difference. As needed, you can add more vinegar and water to get the level up. Do this in a 1:2 proportion (1 tablespoon vinegar and 2 tablespoons water).

Wait 5 minutes and then taste - the onion won't be "done," but you'll be able to tell if you'd like to add more water to tone down the vinegar, or more sugar or salt. Adjust the brine, as needed, and then allow the onion to pickle for 30 minutes. If you're not going to use them now, cover and store in the refrigerator. The yield is about 2 cups.

For the tapenade: You can use a mini food processor or an immersion (stick) blender. Alternatively, you can make it by hand if you finely chop the olives, anchovy and garlic. Combine the olives, anchovy, garlic, lemon zest and juice (to taste), herbes de Provence, cayenne and the 3 tablespoons of olive oil in the food processor or a bowl; process, scraping down the bowl frequently.

Keep working until the olives and garlic are finely chopped

or pureed - you can make the tapenade chunky or smooth; the choice is yours. If you'd like a thinner tapenade, add more olive oil little by little. Taste and add more of the dried herbs or cayenne pepper, if you'd like. The yield is a generous 1/2 cup.

For the carpaccio: Toss the arugula with a little of the extra-virgin olive oil - it should be just moistened, not wet - season lightly with the salt and pepper and keep at hand.

For each serving, arrange 2 to 3 slices of roast beef on a plate or individual-size cutting board (the number of slices depends on whether you're serving this as a starter or main dish). The dish looks most attractive if you don't press the roast beef down - a few hillocks are nice here. Use a pastry brush to daub the beef with the tapenade, using whatever amount you'd like.

(Alternatively, you can drop small dollops of tapenade over the beef). Drizzle lightly with the extra-virgin olive oil and season lightly with salt and pepper - go especially easy on the salt because the tapenade is already salty.

Top with some of the arugula, then scatter over some of the pickled onions; finish with a shower of cheese shards.

Put the extra tapenade and onions on the table along with cornichons, bread and butter. Light red wine or cold beer makes a great go-along.

Nutrition | Per serving (based on 6, without pickled onions, cornichons, bread and butter): 250 calories, 16 g protein, 4 g carbohydrates, 20 g fat, 5 g saturated fat, 45 mg cholesterol, 610 mg sodium, 0 g dietary fiber, 2 g sugar

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Make a show-stopping spring risotto without much effort

BY JOE YONAN
Washington Post

In my great spring rush to cook asparagus, over and over — finally, a fresh, non-leafy green vegetable at the farmers market! — I always include risotto in the rotation. When I snap the ends of asparagus to trim it, I save them up to make a one-vegetable broth, and use that to swell the short-grain rice in the classic Italian dish. The rest of the spears get sautéed until tender, set aside and then folded back into the risotto at the end of cooking.

Well, here's another idea that had never occurred to me: using asparagus in a red-wine risotto, one of my favorite iterations, and pairing it with mushrooms.

Why not? Turns out that the flavors match, while the asparagus offers something this particular risotto desperately needs: a burst of green to offset that dull mauve color.

There are some crucial, must-pay-attention moments, and they come at the end, when it's best to stop as soon as the rice is tender but still a little al dente. Finish it quickly with a little more broth and some cheese, and serve immediately. (Believe it or not, you don't really need butter.) What you're after is something that spreads a little on the plate: loose but not soupy — and certainly not stiff.

ASPARAGUS AND MUSHROOM RISOTTO

4 servings

Red wine gives this risotto deep flavor and a lavender hue; crisp-tender asparagus



Asparagus and Mushroom Risotto. Photo by Dixie D. Vereen for the Washington Post.

contributes a pop of color and texture.

Vegetarians avoiding cheeses made with animal rennet should look for domestic Parmesan that uses vegetable-based rennet, such as BelGioioso brand.

Adapted from "EatingWell Vegetables: The Essential Reference," by the editors of EatingWell magazine (Houghton Mifflin Harcourt, 2016).

Ingredients

4 cups store-bought or home-made mushroom broth (may substitute vegetable broth)

1 cup water

1 bunch asparagus (about 1 pound), trimmed and cut into 1-inch pieces

8 ounces shiitake mushrooms (may substitute your favorite variety of mushroom)

1 tablespoon extra-virgin olive oil

1/3 cup chopped shallots

3 cloves garlic, finely chopped

1 tablespoon chopped fresh thyme

1 cup arborio rice

1 cup cabernet sauvignon or other full-bodied dry red wine

1/2 cup finely shredded vegetarian Parmesan cheese, plus more for garnish (see headnote)

1/4 cup chopped fresh parsley, plus more for garnish

1/2 teaspoon fine sea salt, plus more as needed

1/4 teaspoon freshly ground black pepper

Steps

Combine the broth and the water in a medium saucepan over medium-high heat; bring to a boil, then reduce the heat to medium and add the asparagus.

Cook until just crisp-tender, about 4 minutes. Use a slotted spoon to transfer the asparagus to a bowl. Reduce the heat of the broth mixture to low.

Discard the shiitake stems or reserve for another use (such as broth). Thinly slice the mushroom caps.

Pour the oil into a large, wide pot over medium heat. Once the oil shimmers, add the shallots, garlic and thyme; cook, stirring, until the vegetables start to soften, 2 minutes. Add the shiitakes and cook, stirring frequently, until they soften and wilt, 2 to 4 minutes. Add the rice and cook, stirring, for 1 minute. Add the wine and cook, stirring frequently, until the wine is absorbed, 4 to 6 minutes.

Reduce the heat to medium-low. Add 1 1/2 cups of the broth and cook, stirring, until it is mostly absorbed. Continue adding the broth in 1/2-cup increments and stirring frequently after each addition, until most of the liquid is absorbed. The risotto is done when all but 1/2 cup of the broth is used and the rice is creamy and just tender, with a very slight al dente bite, 25 to 30 minutes total.

Stir in the reserved asparagus and cook for 1 minute, to warm it through. Remove from the heat and stir in the cheese, parsley, salt and pepper. Taste, and add more salt, as needed.

Immediately before serving, stir in the remaining 1/2 cup of broth so the risotto is loose enough to spread in a bowl. (You don't want it to be stiff.) Divide among shallow bowls and sprinkle on more cheese and parsley, if desired.

How I learned to understand and support my introverted child

BY SARA LINDBERG
Special to the Washington Post

I was making dinner the other night when I noticed that it was eerily quiet; the only noise was coming from the sizzle of the hamburger on the stove. My husband and daughter were sitting a mere 20 feet from me, yet no one was talking. They were both engaged in what I like to call their quiet time. My son, on the other hand, is a totally different story. He was outside talking to himself while he played with trucks on a dirt track. When he and I are in a room, it is nonstop chatter, and I am sure it's annoying for the other half of the family.

What I have learned from being married to an introvert, and being a mother to one, is simple: Sometimes they just want to be left alone. It has nothing to do with being shy, depressed, anxious or arrogant. It has everything to do with what they are comfortable with, and their need to have an environment with less stimulation. When they talk, the words are meaningful, the questions are important, and the thoughts shared are invaluable. I have learned to read their body language to know if I am invading their space — to take a step back from what I need and respect what they need.

Simply put, an introvert refuels by spending time alone, and an extrovert draws energy from interaction. Introverts have a preference for quiet, for less noise, for less action. Our world can be challenging for introverts. We tell kids that they need to be more outgoing and social; to share their feelings and express themselves verbally. We encourage cooperative learning, teams and communities. We worry about the lone kid who sits by himself every day.

The world is full of extroverts, and introverts are painfully aware of this. Introverted kids are often unfairly seen as lacking social skills. Instead of understanding and respecting their world, we try to make them change to fit in ours.

Most kids (and adults) have a little of both,

and they reveal different aspects of themselves in various situations. Kids who tend to have more introverted qualities face many challenges in school because, more often than not, the qualities of an extroverted child are valued more than those of their introverted peers.

Through lots of trial and error, I have learned a few things that have allowed me to strengthen the relationship with my daughter rather than just bridge a gap between us. I find that if I give her time to answer a question, rather than expect a quick response, she feels respected. Introverts tend to mull things over and won't speak until they know exactly what they want to say. I have also learned not to finish her sentences; this was and still is a hard one for me to do. In conversations when I am requiring her to reflect on something, I have found that telling a story or speaking about myself allows her to insert herself where it is safe and appropriate for her. Asking introverts too many questions makes them withdraw more.

My daughter has taught me a lot about the quiet and wonderful world of introverts: The power of mindfulness and thought; the beauty of space and less noise. I have found that I gain incredible insight into her world when I don't ask for more than what she can give me.

Recently, I was talking with her second-grade teacher about how she interacts in class. Her teacher shared with me that about half of the time, my daughter chooses to work alone and that she seems absolutely okay with that. This choice of space and quiet time needs to be respected by parents and educators. My daughter is fortunate to have a teacher who knows her well and understands her need to work alone. The teacher gets that it is not about being shy or antisocial, it is just my daughter's way of operating in the world. Introverts behave in the way they do because of their innate temperament. The more we embrace their nature, the happier they will be.

Here are nine ways I've learned to support

an introverted child.

- Accept that it is not about you. Do not take a child's quiet nature personally as an indication that he or she is ignoring you.

- Introduce your child to new people and situations slowly.

- Teach introverted children that they can take breaks from social situations if they feel overwhelmed or tired.

- Help your child find the strengths that come from being introverted.

- Do not label introverts as shy, and encourage them to correct this label when others use it.

- Talk to your child's teacher. The partnerships I have with my daughter's teachers have made all the difference for her. Her early experiences in school have been positive because of the respect and understanding her teachers show her. Also, if the teacher knows about your child's introversion, she may be able to gently help the child navigate things such as interactions with friends, participation in group work or presenting in class.

- Help them be heard. Introverts "live internally, and they need someone to draw them out," writes Marti Olsen Laney in her book "The Hidden Gifts of the Introverted Child." "Without a parent who listens and reflects back to them, like an echo, what they are thinking, they can get lost in their own minds," Laney adds.

- Embrace the idea that they may have only a few friends at a time. Parents who are very social and have a lot of friends often struggle when their children don't socialize in the same way. Often, introverted children enjoy their world the most with just a few close friends.

- Understand that they may not ask for help.

I think the most important thing I have learned is to embrace the quiet. Enjoy it with your child and recognize that a lot can be said without any noise. We can learn a lot from the hidden gifts and quiet nature of our introverted children.

FISH continued from page 23

put the fish on it. Oil the fish — not the grate — to prevent sticking.

TIMING

Forget the adage of 10 or 11 minutes per inch of thickness — the fish will be overcooked. I leave the fish at room temperature for 20 minutes or so before cooking, then set my timer for 8 minutes per inch. I can always add more time. The fish should almost flake when tested with the tip of a fork.

GRILLING FISH FILLETS

Season the fillets and oil them lightly. Grill directly over the heat. Resist the urge to turn them often; one flip is sufficient. If your grill grates are hot, the fish will release when the protein is set so you can turn it without tearing. Thin fillets, such as tilapia at less than 1/2 inch, cook in 4 minutes total. Fast food, indeed.

GRILLING WHOLE FISH

Make sure the fish is eviscerated, scaled and the gills have been removed. Rinse it well; pat dry. Season inside and out with salt and pepper or a seafood rub. If desired, fill the cavity with sprigs of fresh herbs. Oil on all sides, and place on a hot grill, directly over the heat.

GRILLING SHRIMP AND SHELLFISH

Use a heavy, well-seasoned cast-iron griddle or skillet, and heat it on a hot grill until a drop of water evaporates on contact. Add 2 tablespoons

high heat oil and then seasoned shrimp (peeled and deveined if desired) or scrubbed mussels or clams in a single layer. Cover grill and cook 2 minutes. Stir well. Cover grill again and cook until shrimp are just pink or mussels or clams have opened, 1 to 3 minutes. Remove to a platter, and drizzle generously with the some of the dried chili mopping sauce if desired.

PLANK GRILLING

For one of our favorite methods for moist, smoky fish fillets, simply soak cedar grill planks (look for them in large supermarkets, at Williams-Sonoma or hardware stores that stock grilling equipment) in water for 30 minutes or longer. Place a salt- and pepper-seasoned fish steak or fillet (salmon is great, so are mackerel and rockfish), skin side down, on the soaked plank set directly on the grill. Cover the grill and cook until the fish nearly flakes, usually 20 to 25 minutes for a 1 1/4-inch-thick fillet. Do not turn the fish, but baste every 5 minutes with the fish marinade or mopping sauce that follows. Carefully remove the fish (plank and all) to the table.

• • •

SPICY FISH MARINADE

Prep: 10 minutes
Makes: about 3/4 cup
1/2 cup plain, nonfat Greek yogurt
1 tablespoon olive oil
1/2 small white onion, finely grated
2 cloves garlic, crushed
1 teaspoon sweet paprika
1/2 teaspoon each: salt,

turmeric, ground cumin

1/4 teaspoon cayenne

Mix all ingredients in a small bowl. Use to coat raw fish fillets or skewered cubed fish steaks destined for the grill. Let fish rest with the marinade for 20 minutes before grilling.

HERB-GRILLED MEDITERRANEAN SEA BASS

Prep: 10 minutes

Grill: 15 minutes

Makes: 4 servings

Leftovers make a great addition to salads; simply remove the skin and bones and pull the fillets into coarse shreds. Add soaked wood chips to the heated grill for added flavor.

2 whole Mediterranean sea bass (about 1 pound each) or 4 whole brook trout (about 1/2 pound each), scaled, eviscerated

Salt, freshly ground pepper

Fresh herbs sprigs, such as tarragon, parsley, thyme, rosemary

Olive oil

Lemon, ginger and chive finishing sauce, see recipe

1. Rinse fish; pat dry. Season inside and out with salt and pepper. Fill the cavities with the fresh herbs. Let stand at room temperature about 20 minutes.

2. Meanwhile, prepare a charcoal grill or heat a gas grill to medium hot.

3. Spray or drizzle fish with oil. Place fish on grill rack directly over the coals. Cover the grill and cook 6 minutes. Carefully flip fish. Cover grill and continue cooking until fish almost flakes near the head, usually 4 to 6 more minutes.

4. Transfer to a serving

platter, and spoon some of the finishing sauce over the fish. Serve hot.

LEMON, GINGER AND CHIVE FINISHING SAUCE

Prep: 10 minutes

Makes: 3/4 cup

I drizzle this sauce over grilled salmon fillets, whole grilled fish and quickly grilled calamari steaks.

5 tablespoons extra-virgin olive oil

3 tablespoons fresh lemon or lime juice, from 2 small lemons

2 cloves fresh garlic, crushed

1 tablespoon grated fresh ginger or refrigerated ginger puree

1/2 teaspoon salt

2 tablespoons each: chopped fresh chives, cilantro (or parsley)

Mix oil, juice, garlic, ginger and salt in a small bowl. Stir in chives and cilantro just before using.

ALL-PURPOSE SEAFOOD RUB

Prep: 5 minutes

Makes: about 1/4 cup

1/2 teaspoon fennel seeds

2 tablespoons salt

2 teaspoons sweet paprika

1 teaspoon each: freshly ground black pepper, dried basil

1/4 teaspoon each: dried

thyme, garlic powder

1/8 teaspoon sugar

Crush fennel seeds in a mortar with a pestle (or on a wooden cutting board with the bottom of a meat mallet or rolling pin). Transfer to a jar with a tight-fitting lid. Add remaining ingredients. Cover and shake well. Store in cool, dark place for up to 1 grilling season.



For the herb-grilled Mediterranean sea bass recipe, the fish are drizzled after grilling with a lemon, ginger and chive finishing sauce.
Photo by Michael Tercha/Chicago Tribune/TNS

How to grill fish to perfection, then season with sauces, marinades, rubs

BY JEANMARIE BROWNSON
Chicago Tribune

Seafood and the grill. A match made in heaven. The ultimate fast food. Everything from shrimp to fish steaks and whole fish welcome smoky tones from one of our summertime pleasures — grilling.

No matter the equipment or the fuel, most seafood takes to grilling. I like to make fish kebabs on the hibachi, soak cedar planks for grilling a slab of salmon, light the gas grill for quick-cooking thin fillets, slow-smoke fresh-caught trout, griddle-grill mussels or shrimp and hardwood-roast meaty fillets for a special-occasion dinner. I love large whole fish skewered on a rod and slowly cooked in the campfire embers. Hobo packs of white-fish chunks, tiny new potatoes and sweet onion slices channel a Wisconsin Door County fish boil.

Before I light the grill, I take time to figure out the acceptable seafood to purchase. In this country, everyone wants to eat the same fish. We're overfishing the most popular species, and we ignore other delicious varieties. Branch out; try the mackerel, the porgy, the skate and the yellowtail rockfish. All delicious and far less expensive than wild-caught Alaskan halibut.

If you think I'm overzealous about knowing your fish sources, please read at least one of the articles in the Associated Press' Pulitzer Prize-winning series about slavery in the seafood industry. You'll never enjoy all-you-can-eat shrimp at a cheap buffet restaurant again.

That being said, there are plenty of wonderful fish (and shrimp) options available. Just be sure to shop at stores that have vetted their sources. I read signs and packages and look for Marine Stewardship Council Certifications or check my Monterey Bay Aquarium Seafood Watch app. Then I take their advice and adjust my cooking accordingly.

Here's my starter guide for successful, flavorful seafood grilling all summer long:

SEASONING

Sustainable seafood can be pricey, so I add herbs and spices judiciously. I want the flavor of the protein to come through. Think salt and pepper, or a rub of herbs, a spritz of citrus or a dash of good quality oil. Then, boost flavors after grilling with a finishing sauce or a small pat of herbed butter or drizzle of aromatic olive oil and a shower of fresh herbs.

Sure, you can purchase bottled fish seasoning, but I have drawers filled with spices and a collection of salt from my travels, so I make my own, such as the

all-purpose seafood rub that follows. Store it in a covered bottle, and use it on fish fillets for speedy weekday grilling.

For a zesty touch, try the spicy fish marinade that follows; I especially like it with skewered meaty fish.

For special-occasion grilling, I douse grilled fish and shrimp with a Mexican-style garlic, oil and dried-chili-pepper mopping sauce; the recipe follows. Alternatively, the lemon, ginger and chive finishing sauce that follows tastes terrific on most grilled fish. I especially like it on small, farmed Mediterranean sea bass or brook trout.

HEAT

Good heat from hardwood charcoal or neutral-tasting gas is a must. Preheat a charcoal grill 30 minutes before cooking; plan on about 10 minutes for a gas grill. Most seafood cooks nicely when positioned directly over the heat source. Large whole fish or fish fillets weighing more than 3 pounds do better with more moderate heat, so I use the indirect method (not over the heat).

Add soaked wood chips to the coals or put them on a piece of foil set over the heat source if you like a smokier flavor. Always heat the grill grate thoroughly before you

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Help your child combat the homesick blues during sleep-away camp

BY CHRISTOPHER WILLARD
Special to the Washington Post

Like that first day of kindergarten, it can be hard to know whom sleep-away camp drop off is most difficult for — us parents, or our quivering offspring, suddenly thrust into independence and all that comes with it. And these days, the disconnection is even more abrupt. Our phones allow us stay in touch during the regular school year, making even a few hours without contact tough. When I was young, it wasn't unusual to spend a day without seeing or talking to my parents, and if a parent was away, we had to settle for a long-distance phone call every few days. These days we are blessed (or cursed) with the ability to keep in almost constant contact.

At camp, traditions die hard, and the connections to home — physical and digital — are meant to be severed, if temporarily. That digital umbilical cord known as a cellphone is suddenly and unceremoniously cut, leaving kids feeling homesick, and more often than

not leaving us a bit kid-sick. Research shows that homesick kids fall into two groups. Eighty percent of kids have a constant low-level homesickness, while the remaining 20 percent start with high levels that then increase. Even for those children, though, the pangs appear to get better a few days before pickup.

The good news is that homesickness of all kinds is normal. It is a sign of a strong bond — and love — between parent and child. In fact, research suggests up to 95 percent of even the happiest campers find themselves homesick from time to time, so it can help to prepare your children to remember that. And of course, just because other kids don't look homesick or say they are, doesn't mean they aren't. "Don't compare your insides to other people's outsides" can be wise words for kids to keep in mind for a summer, or even a week, away.

Here are four separation strategies that can help your child this summer:

■ **Prepare and pack.** Make the preparation exciting. Work together to pick out sleeping

bags, write name tags for clothes and look at the camp website to get a sense of what it is like. Then pack together. Create an adventure by sleeping outside together one night, or letting them sleep in their sleeping bags in their beds. Consider packing a favorite comforting book or pillow to take along, if a stuffed animal is too babyish at your child's age.

■ **Practice.** Schedule some short trips for your child. The kids might spend a few nights with grandparents or friends if they haven't already. This lets them practice being away and coping, and offers a reference point for managing their anxiety. Then it will be more credible when you say, "I know you can do it, because you were homesick but got through it at Grandma's." These nights away also might be a good opportunity to practice being less digitally connected to your child.

■ **Plan.** Together, make a plan for what can help once they actually get to camp. Have them make a list of advice they would offer a homesick friend, and keep it for themselves in their journals. It gives kids a sense

of mastery to feel like they could help a friend who is homesick (and gives them a ready-made excuse if someone finds their coping list).

■ **Stay busy.** I asked a few kids in my practice for their advice. Most reported the hardest and loneliest parts of the day are the quiet times in the afternoon and before bed. Suggest some activities that can help them fill the idle time. One boy I work with who just got back from a school trip was relieved at how busy they were all day, so that he could fall right asleep without time to get homesick or anxious. And being with other kids can help a lot, even when they would prefer to be alone. I try to remind kids that spending time with the other, unfamiliar kids may not sound like fun when you are feeling homesick, but it is like taking medicine: It will help you feel

better for the rest of the day.

Some other ways to fill downtime are to reread an encouraging letter from home, or review a list you made filled with memories of times they stuck things out and got through challenges. Making a gratitude list, or writing a letter of what they are enjoying that day or what they look forward to next, is a good way to pass the time positively. And some kids find a short mindfulness practice, such as deep breaths or listening to sounds, can help them get through challenging moments. A kid-friendly mindful calming breath — breathing in through your nose like you are smelling a mug of hot chocolate, and breathing out through your mouth as if you are gently blowing to cool it off — for five or 10 breaths until the anxiety passes can also help.

When you talk to your child

about their worries, bear in mind that our concerns for them may be different from their fears — we may worry about friendships or bullying, but their fears are more basic: The mildewy cabin smells weird, the food tastes funny, or their sleeping bag is scratchy. Maybe they don't like having to use the bathroom or shower with other kids nearby. Ask about all the worries they might have. Some may seem small to us, but they are big to their little minds.

You can use the drive up together to review plans, and once you get there, if your children aren't too old to be mortified by it, meet and introduce yourself to the counselors and other kids. This demonstrates to your child that you trust the people at camp, and that they can trust them, too.

It's important to resist the temptation to make deals or

offer rewards in advance for going to camp or sticking it out, but do show them how proud you are when they make it through. And try to resist the urge to give in or let them give up. Camp really can build independence, grit, character and all those things that the websites and glossy brochures promise — but only if we let our kids be uncomfortable, feel the homesickness and experience the pride and accomplishment that comes with sticking it out.

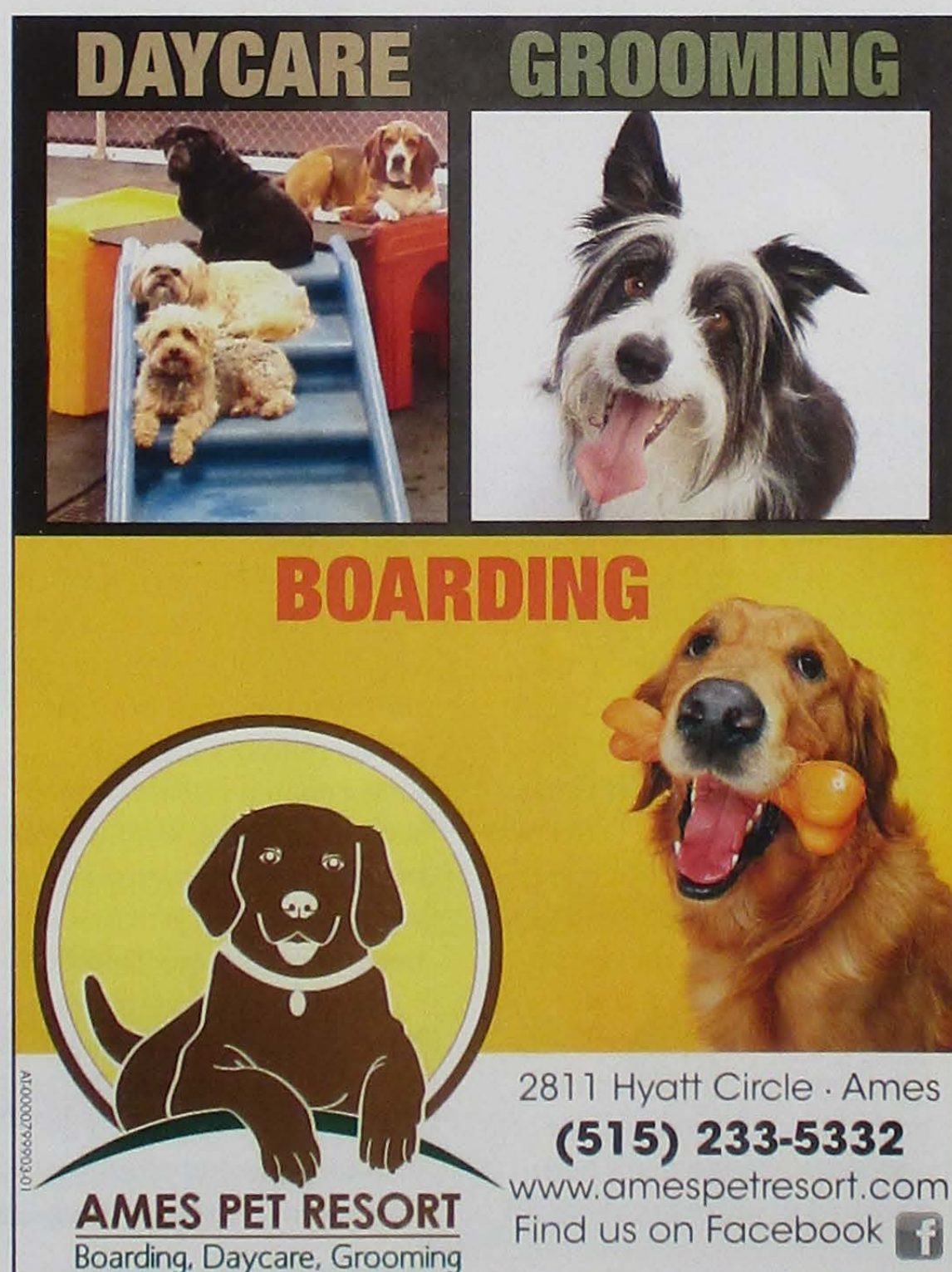
Finally, be aware of how much you show your anxiety. The more anxious you appear, the more anxious they will get. We often forget that kids worry about making their parents unhappy. When we tell children, "I just want you to be happy," they can feel like they are letting us down if they have an unhappy moment here or there, worsening the pain of homesickness.



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NICOLE ARNOLD
Hy-Vee Dietitian

Think outside the burger and hotdog box. According to the Hearth, Patio and Barbeque Association, the most common grilled foods are hamburgers (85%), steak (80%) and hotdogs (79%). However, grilling is no longer just for meat. What better way to get your serving of vegetables in than just throwing them on the grill with the rest of your meal?

One easy way to grill vegetables is to throw them on a kabob. All you need is a wooden skewer that's been soaked in water for about 30

minutes and your favorite vegetables. When grilling vegetables, make sure to rub them with a small amount of oil to prevent sticking to the grill. It will also be important to time your vegetables to ensure equal finishing time. For example, grilled potatoes may take longer than a softer vegetable such as zucchini, so to prevent burning add the more firm vegetables to the grill first and make sure they are cut evenly.

Don't have kabob skewers? No problem! Try a foil packet. This no-fuss way of grilling vegetables requires a 24 inch-long piece of aluminum foil and that's it. Place

your vegetables in the middle of the foil, drizzle with oil, salt and pepper or add any other seasoning you like, and fold foil over, pinching the edges together to make a packet. Simply put on the grill and check back in about 15 minutes.

Don't forget about the fruit! Grilled fruit is equally as easy and delicious as grilled vegetables. Simply brush the fruit with cooking spray or light oil (something with little flavor such as canola or vegetable oil) to prevent sticking and set on the grill until soft. Drizzle your fruit with a little honey before grilling for an extra flavor

punch.

Now that you are ready to grill some vegetables, pair them with a burger. Burgers are the most commonly grilled food for a reason: They are quick, convenient and can be jazzed up to each guest's preference. Ground beef burgers can pack the protein punch, about 19 grams for a 4 oz. burger, but can also be high in saturated fat. If you are wanting to keep your burger more health friendly, choose a leaner source of meat such as 90% lean, 10% fat ground beef. A great way to incorporate a little moisture and flavor into your meat is to add BBQ sauce. Or

choose a different meat, such as ground turkey, which is leaner and lower in saturated fat than ground beef.

Grilling is much more than just a way to cook your food; it is an activity that gets us outside to enjoy the weather and start our summer out right. There's no better way to bring friends and family together, whether it's a special occasion or a no-fuss impromptu get-together. Don't worry about all the pots and pans, one of the nice things about grilling is little clean-up, so make it easy on yourself and get grilling!

Try this beef and bulgur burger with blue cheese for a different take on the traditional burger.

BEEF AND BULGUR BURGERS WITH BLUE CHEESE

Serves 4 (1 burger and 1/4 cup onion each).

All you need:

1/2 cup bulgur

1 cup sliced red onion

1/2 cup Hy-Vee Select red wine vinegar
1/2 cup water
1 teaspoon sugar
1 pound 90%-lean ground beef
1/2 cup Hy-Vee Select crumbled blue cheese
1/2 teaspoon celery salt or 1/4 tsp salt
1/2 teaspoon ground pepper
1 tablespoon Hy-Vee Select extra-virgin olive oil
4 large green-leaf lettuce leaves

All you do:

Prepare bulgur according to package directions. Drain in a fine-mesh sieve, pressing to extract as much liquid as possible. Transfer the bulgur to a large bowl. Let cool for 5 minutes.

Meanwhile, combine onion, vinegar, water and sugar in a medium saucepan. Bring to a boil and cook for 2 minutes. Remove from heat and set aside, stirring occasionally.

Add beef, blue cheese, celery salt (or salt) and pepper to the bulgur; use your hands to gently combine. Form the

mixture into 4 burgers, about 4 inches in diameter.

Heat oil in a large nonstick skillet over medium heat. Cook the burgers until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees, 4 to 6 minutes per side. Drain the pickled onion. Serve each burger on a lettuce leaf, topped with onion.

Nutrition Facts per serving: 346 calories, 18g fat, 7g saturated fat, 82mg cholesterol, 422mg sodium, 17g carbohydrates, 4g fiber, 2g sugars, 28g protein.

Daily values: 17% iron.

Source: adapted from EatingWell, Inc.

The information is not intended as medical advice. Please consult a medical professional for individual advice. Nicole Wright represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian Nutritionist, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics.



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Summer Iowa Games Celebrates 30 Years in Ames

Ames is pleased to welcome back the Summer Iowa Games for the 30th year! This Iowa Sports Foundation program brings thousands of Iowans together to celebrate the thrill of competition. Ames has an electric atmosphere during their stay – There's nothing quite like Iowa athletes of all ages gathering to share their appreciation and love of sports.

A Look Back

The Summer Iowa Games have grown to 60 sports and 13,000 athletes with events from May to August. While the majority of events are held in Ames in July, overall, there are 28 different Iowa communities hosting events during the summer. However, in order to fully appreciate what the Iowa Sports Foundation has built, it's important to look back to how the Iowa Games began. The first Iowa Games was a weekend event held in 1987 that featured 16 sports and boasted 7,104 participants. It was noteworthy since it was the first time weekend athletes, school children and senior citizens gathered for a statewide Olympic-style competition in Iowa.

Iowa Sports Foundation Expands

As interest in the program grew, the Iowa Sports Foundation expanded the Iowa Games competition to offer both the Summer and Winter Iowa Games. The Winter Iowa Games is held annually late January and early February with the main weekend of the Games held in Dubuque along with additional events taking place in Cedar Rapids and several other Iowa communities. The Winter Games hosts over 4,000 athletes competing in over 20 sports.



Photo courtesy of Iowa Sports Foundation

Still, the Iowa Games is just one facet of the Iowa Sports Foundation. The organization is now comprised of the Iowa Games, Live Healthy Iowa, Adaptive Sports Iowa and the Iowa Senior Games. In total, over 212,000 Iowans participated in 2014-2015 Iowa Sports Foundation programs. Through their programs, events and challenges, the Iowa Sports Foundation is reaching all of Iowa's 99 counties. That type of impact throughout the state is exciting.

The People behind Iowa Games

While the Iowa Sports Foundation's staff of eleven work year round to administer quality programming, the Summer Iowa Games would not be possible without dedicated volunteers. More than 2,000 volunteers are needed for the event to take place. They work in a wide range of capacities including sport directors, support crew and medical personnel. Many volunteers return year after year to assist with the Summer Iowa Games. Just like the athletes that continue to compete each year, these Iowans are what make the Summer Iowa Games the success it is today.

Kevin Bourke, Iowa Sports Foundation's Chief Operating Officer, is looking forward to his 19th Summer Iowa Games this year. Bourke joined the organization in 2001. Prior to working with the Iowa Sports Foundation, Bourke was Iowa State University's men's cross country coach for five seasons and had served 17 seasons as an assistant coach for Iowa State's men's track and field team. Bourke's long association with the Iowa Sports Foundation has given him a unique opportunity to witness firsthand the growth of the Summer Iowa Games. "What makes the games so special are the people that come back each year to participate. Many are athletes passionate about their sport, and many are volunteers who love the competition and enjoy helping facilitate events," said Bourke, "Sometimes the only time we get to see these participants is once a year at the Summer Iowa Games. It feels like a reunion, making it a great atmosphere."

The staff at the Iowa Sports Foundation works all year to prepare for the Summer Iowa Games. Bourke commented, "It's great to see everything come together in July. It's rewarding to see the kids walk away with smiles on their faces and medals around their necks."

2016 Summer Iowa Games Ames Dates

The main weekends for the 2016 Summer Iowa Games will be July 9 and 10, July 14-17 and July 22-24. New events added this year include USSSA Baseball, High School Team Bowling, Hoover-Ball, Lacrosse, Spikeball, and Sport Skydiving. All competitions are open to the public and Ames/Story County residents are invited to attend and be a part of Iowa's premier sports festival.

Athlete Jamboree & Opening Ceremonies

The 2016 Summer Iowa Games will officially kickoff with the Athlete Jamboree at 5 p.m. on Friday, July 15, in parking lots S6 and S7, east of Jack Trice Stadium, followed by the Opening Ceremony at 7:45 p.m. inside Jack Trice Stadium. Both events are open to the public.

This year's keynote speaker will be Iowa Sports Foundation's CEO/Executive Director, Chuck Long. The Athlete Jamboree is free for all, while the Opening Ceremony is free for athletes and coaches. All proceeds from spectator ticket sales will benefit the Iowa Food Bank Association. For more information regarding the Summer Iowa Games visit www.iowagames.org.



Photo courtesy of Iowa Sports Foundation

Calling all Athletes & Volunteers

Time is running out to register to participate. Visit www.iowagames.org to learn more and register online. All Iowans are eligible to compete. The Summer Iowa Games offers events for athletes of all ages and abilities!

And don't forget, there is still time to volunteer for the fun. The Ames Convention & Visitors Bureau organizes the majority of the Summer Iowa Games volunteer recruitment. Volunteers receive a Summer Iowa Games t-shirt for helping. To sign up, visit www.visitames.com then click on the 30th Iowa Games logo on the Bureau's homepage and fill out the online form. There are all sorts of ways to lend a hand and take part in this year's competitions.

Why Ames?

The City of Ames has been fortunate to host the Summer Iowa Games for 30 years. When asked why Ames has been the site for so many years, Iowa Sports Foundation staff say the Ames community and Iowa State University are the reason they return. They appreciate Iowa State University partnering with them to host the Games. Also, the City of Ames has been supportive of their efforts. However, local residents and businesses also play a key role. Many Ames residents are athletes themselves that champion the Summer Iowa Games. In addition, Ames businesses and citizens warmly welcome Summer Iowa Games visitors.

The number of visitors traveling to Ames for the Summer Iowa Games competitions is impressive. Close to 13,000 athletes from all of Iowa's 99 counties will make the trip to Ames, and they'll bring their friends and family. When they arrive in Ames they'll find a friendly place filled with great dining and shopping options. They'll experience Ames hospitality first hand, and the citizens of Ames will get the privilege of meeting their fellow Iowans. Our community is fortunate to get to share our city with Summer Iowa Games participants and looks forward to many more years hosting this exciting sports festival.



Photo courtesy of Iowa Sports Foundation





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